



GROUP CLASSES PROGRAM

from 2.11.2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7.00	CROSS TRAINING 60' Pedro
9.00	ABDOS FESSIERS 30' Pedro
9.30	BODY PUMP 60' Pedro G.
12.30	SPINNING 60' Guy
12.30	TONE 60' Barbara
12.30	POWER PILATES 60' Dan
13.00	FITNESS ASSISTANCE 60' Pedro
17.30	LM CORE 30' Pedro
18.00	BODY ATTACK 60' Pedro
18.00	POWER PILATES 60' Dan
18.30	SPIN POWER 60' Willy
18.00	BOXING 60' Priscilla
19.00	JUMP FIT 60' Pedro G.
19.00	FAC 60' Dan
19.00	BOXING 60' Priscilla
20.00	BODY PUMP 60' Dan
20.00	BODY JAM 60' Pedro G.

7.00	BODY WEIGHT WORKOUT 60' Pedro
9.00	STRETCHING 30' Pedro
9.30	CORE LEGS BUTT 60' Pedro G.
10.00	FITNESS ASSISTANCE 60' Pedro
12.00	SPINNING 60' Paul S.
12.00	BODY PUMP 60' Pedro
12.00	BOXING 60' Priscilla
18.00	SPINNING 60' Paul D.
18.00	BODY PUMP 60' Dan
18.00	YOGA ANUSARA 60' Helena
19.00	BODY COMBAT 60' Vera
19.10	DANCE 60' Laura
20.10	MUAY THAI 90' Dirk

7.00	SPINNING 60' Heidi
9.00	GRIT 30' Pedro
9.30	BODY SHAPE 60' Pedro
10.30	CORE CHALLENGE 30' Pedro
12.00	BODY PUMP 60' Pedro G.
12.00	SPINNING 60' Paul S.
12.30	PILATES 60' Dan
18.00	FAC 60' Pedro
18.00	YOGA YIN 60' Laureta
18.30	SPINNING 60' Guy
19.00	BODY PUMP 60' Pedro
19.00	BARRE 60' Barbara
20.00	BODY COMBAT 60' Dan
20.00	BODY BALANCE 60' Barbara
20.00	FITNESS ASSISTANCE 60' Pedro

7.00	BODY PUMP 60' Pedro
8.00	BOOTCAMP 60' Pedro
9.00	STRETCHING 30' Pedro
11.00	BODY WEIGHT WORKOUT 60' Pedro
12.30	BODY PUMP 60' Vera
12.00	FITNESS ASSISTANCE 60' Pedro
18.00	YOGA 60' Nicole
18.00	TONE 60' Barbara
18.00	SPINNING 60' Willy
18.00	BOXING 60' Priscilla
19.00	JUMP FIT 60' Carlos
20.00	BODY ATTACK 60' Zhaokui

8.00	CIRCUIT TRAINING 60' Pedro
9.00	STRETCHING 30' Pedro
11.00	CROSS TRAINING 60' Pedro
12.30	BODY PUMP 30' Pedro
13.00	LM CORE 30' Pedro
16.00	FITNESS ASSISTANCE 60' Pedro
18.00	BODY BALANCE 60' Leo
18.00	BODY JAM 60' Pedro G.
19.00	SPINNING 60' Momo
19.15	MUAY THAI 90' Dirk

9.15	SPINNING 75' Paul S.
9.30	BODY COMBAT 60' Dan
10.30	YOGA VINYASA 60' Helena
10.30	JUMP FIT 60' Carlos
11.30	BODY PUMP 60' Dan
12.30	BODY ATTACK 60' Dan
9.30	YOGA VINYASA FLOW 60' Åsa
10.30	Dance 60' Laura
10.30	PILATES 60' Zach
11.30	SPINNING 60' Djamila

- STRONG ZONE
- FLEX ZONE
- RIDE ZONE
- RELAX ZONE
- MAIN ZONE